THE RECOVERY KERNEL

[illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]?

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Recovery Kernel [illegible] [illegible].

Xanax · Valium · Klonopin · Ativan · Librium · Restoril · Ambien · Lunesta · Pregabalin · Gabapentin

⚠ [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] | [illegible]: **findahelpline.com/emergency** [illegible] **findahelpline.com** [illegible].

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[illegible] [illegible] [illegible] [illegible].

[illegible] 0 - [illegible]: [illegible].

⚠ [illegible]. [illegible], [illegible]. [illegible]. [illegible].

[illegible]:

*** Recovery Kernel**
*** Naloxone**
*** COMT**
*** DRD2**
*** MTHFR**

[illegible] - [illegible] - [illegible].

[illegible] - [illegible] - [illegible], [illegible]. [illegible]. [illegible] GABA-A [illegible]. [illegible]:

- [illegible].
- [illegible]:
  *   alprazolam 2mg/[illegible].
  *   diazepam 20mg/[illegible].
  *   clonazepam 2mg/[illegible].
  *   [illegible].
- [illegible], [illegible], [illegible].
- [illegible].
- GABRA2 [illegible] ([illegible]).
- [illegible].

[illegible]: [illegible]. [illegible]. [illegible]. [illegible] "[illegible]" [illegible]. [illegible]. [illegible]: [illegible], [illegible].

[illegible]:

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[illegible] - [illegible], [illegible] [illegible].

[illegible] [illegible] [illegible] [

			[redacted]
[redacted]	20-100 [redacted]	[redacted]	[redacted]
[redacted]	24-48 [redacted]	0.25x	[redacted]
[redacted]	8-22 [redacted]	1x	[redacted]
Z-[redacted]	2-8 [redacted]	[redacted] - GABA-A	[redacted]

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	[illegible].	[illegible].	[illegible] [illegible]azepam [illegible] - Ashton [illegible] [illegible]azepam [illegible], [illegible] 3-5 [illegible]. [illegible], [illegible], [illegible]. [illegible]. [illegible]azepam [illegible], [illegible] CYP2C19 [illegible].
CYP3A4	[illegible], [illegible], [illegible], [illegible].	[illegible] vs [illegible] vs [illegible].	CYP3A4 [illegible]- [illegible]. CYP3A4 [illegible] ([illegible], [illegible], [illegible] - [illegible], [illegible]) [illegible], [illegible]. [illegible] ([illegible], [illegible], [illegible]) [illegible]. [illegible].
COMT	[illegible], [illegible].	Val158Met (rs4680)	Sage [illegible] (Met/Met, [illegible] COMT) [illegible], [illegible] - [illegible], [illegible], [illegible], [illegible]

			[illegible] [illegible]. [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] PAWS (post-acute withdrawal syndrome) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. Warrior [illegible] (Val/Val), [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
MTHFR	[illegible] - [illegible] [illegible] [illegible].	C677T (rs1801133), A1298C (rs1801131)	MTHFR [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. 5-MTHF [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]. "[illegible] [illegible] [illegible]" [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
SLC6A4 / 5-HTTLPR	[illegible] [illegible] [illegible].	[illegible]/ [illegible].	[illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], SLC6A4 [illegible] [illegible]/[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], GABA [illegible] [illegible] [illegible].
BDNF	[illegible] [illegible]	Val66Met	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

	[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	(rs6265)	[illegible] [illegible] - [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. BDNF [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. Met [illegible] [illegible] [illegible] [illegible] BDNF [illegible] [illegible], [illegible] [illegible] BDNF-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? → [illegible] GABRA2 [illegible] [illegible] + Sage COMT [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible]? → [illegible] CYP2C19 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible]? → [illegible] CYP3A4 [illegible] CYP2C19 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]?

  GABRA2, COMT, SLC6A4 [illegible] MTHFR [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], MTHFR [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] SSRI [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] (Protracted benzodiazepine withdrawal syndrome - PBWS) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] 12-24 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] '[illegible] [illegible] [illegible]' [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

PBWS [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] GABA-A [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

PBWS [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] ([illegible]), [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] ([illegible] [illegible], [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] PBWS (Post Withdrawal Syndrome) [illegible], [illegible] [illegible] [illegible]:

* Protocol 01 ([illegible]) [illegible].
* 4-7-8 [illegible] [illegible] [illegible].
* [illegible] [illegible] [illegible].
* L-theanine [illegible] [illegible].
* [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
* [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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5-MTHF (L-□□□□□□□□□□□□□□□□□□□□)	400–1000 mcg	□□□□□ □□□□□.	□□□□□□□ □□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□. □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□, □□□□ □□□□□□□ MTHFR □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□, 5-MTHF □□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□. □□□□□ 5-MTHF □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□ 2-4 □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□ □□□□□ □□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□ - □□□□ □□□□□□□□□□□□□, □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□. 400mcg □□□□□□□ □□□□□□□□□□□□□. □□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□ (□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□

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4.2 — [illegible]-[illegible] [illegible] [illegible].

[illegible] [illegible] - [illegible], [illegible] [illegible].

[illegible] [illegible], [illegible] [illegible] GABA [illegible] [illegible] [illegible] [illegible]: [illegible], [illegible]-[illegible], [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

⚠ [illegible] [illegible]: [illegible] **GABA** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] - [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible]	[illegible].	[illegible].	[illegible] [illegible] [illegible].
L-Theanine	200-400 [illegible]	[illegible] - [illegible] [illegible] 2-3 [illegible], [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] L-theanine [illegible], [illegible] [illegible] GABA [illegible] [illegible]. [illegible] GABA [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible].	1-2 [illegible] [illegible].	[illegible].	[illegible], [illegible] [illegible] [illegible] GABA [illegible] [illegible]. [illegible] GABA-A [illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]. 500mg [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible],

			[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible].	300-500 [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] - [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible], [illegible] [illegible] [illegible] (GABA) [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible].	300 [illegible]	[illegible].	[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] HPA [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible], [illegible] GABA-A [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] HPA [illegible] [illegible] [illegible].
[illegible].	4-18 [illegible] [illegible] ([illegible] [illegible]).	[illegible] [illegible].	[illegible].[illegible].[illegible].[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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5. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] PAWS [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], findahelpline.com [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].
6. [illegible] [illegible] [illegible] (GABA) [illegible] [illegible]. [illegible] 6-[illegible]: [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] (NSDR). [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
7. [illegible], [illegible], [illegible] (0-10), [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible].	[illegible] - [illegible] (GABA) [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible].[illegible].[illegible].[illegible] [illegible] (BDNF); [illegible].[illegible].[illegible] (HPA) [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible].	[illegible] [illegible] 30-45 [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] GABA [illegible] [illegible], BDNF [illegible] GABA-A [illegible] [illegible], HPA [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible].	[illegible] - [illegible] [illegible] GABA [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible].	45-90 [illegible], [illegible] 3-5 [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] (GABA) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible].	[illegible] - [illegible], [illegible].	[illegible] ([illegible]); [illegible]; CYP2C19 [illegible]; [illegible].	Recovery Kernel [illegible], [illegible]. [illegible]. [illegible]. [illegible] 2-4 [illegible]. [illegible].
[illegible] ([illegible])	[illegible] 18 ([illegible]), [illegible] 4.1-[illegible].	5-MTHF, [illegible], P5P, [illegible] - [illegible].	5-MTHF [illegible], [illegible]. [illegible], [illegible], [illegible], [illegible]. [illegible] 5-MTHF [illegible] 2 [illegible] 4 [illegible].
GABA [illegible] ([illegible]).	[illegible] 01 ([illegible]), [illegible] 04 ([illegible]), [illegible] 4.2.	[illegible], [illegible], [illegible], [illegible].	GABA [illegible], [illegible]. [illegible], [illegible]. [illegible], [illegible] GABA [illegible], [illegible]. [illegible], [illegible] GABA [illegible].
[illegible]	[illegible] 15	GABRA2, COMT,	CYP2C19 [illegible]

[illegible] [illegible] (2-6 [illegible])	([illegible]), CYP2C19 [illegible].	MTHFR, CYP2C19 - [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] - [illegible] [illegible]azepam [illegible] [illegible] [illegible] [illegible] [illegible]. GABRA2 [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], PAWS (post-acute withdrawal syndrome) [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] [illegible] (2 [illegible]).	[illegible] [illegible] 04, [illegible] [illegible] 11, [illegible] [illegible].[illegible].[illegible] [illegible].[illegible].[illegible].[illegible].	[illegible] [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
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Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

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